

Two Lakes Trail Run

October 15, 2011, 11:00 am
Walking start at 10:00 am
Montgomery Bell State Park
Enjoy 7.6 miles on scenic trails



Start/Finish at 4 Mile Creek Campground Pavilion.

The course is clockwise toward Creech Hollow Lake, then traverse across the east end of the park and down to Lake Woodhaven. You will skirt the lake, pass by the Chapel, then climb up to the Ore Pit Trail and come back down across the stream and back through the Campground to the Pavilion.

Pre-registration Entry Fee is \$19 with Long Sleeve Shirt, \$6 without shirt.

After October 8 until race day the fee is \$13 without shirt.*

This is the fifth annual running of this course and the second of 20 races in the 2011-2012 Tennessee State Parks Running Tour Grand Prix Series. Overall winners and Masters awards will be given. There will also be male and female age group awards, three deep, 5 year age groups from 0-14 to 70 and over.

Registration is available at *Active.com* event # 1978371. . There is a link to a map, directions to the park and a link to 330 photos of the course and facilities at the active site.

You may also register by filling out this form below and sending it and a check or cash to **Two Lakes Trail Run, 104 Clairmont Drive, Dickson, TN 37055**. If you have questions you may call John Spencer, 615-441-5915 or email jvspencer@aol.com. Day of race registration starts at 9 am. \$13

There will be special recognition for any runner who doubles that morning, doing either The Middle Half or another race. Bring your bib from the first race.

*Extra shirts, if any, may be available for \$13 day of the race.

TWO LAKES TRAIL 7.6 MILES RUN REGISTRATION AND WAIVER

Name _____ Sex: M F
Address _____ Age on Day of Race _____
City _____ State _____ Zip _____ Shirt Size: S M L XL Special Lady's Pink
Email: _____ Phone # _____

Waiver: In consideration for accepting my entry, I, for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may have against the Tennessee Department of Environment and Conservation, Host Running Club, the race director, and any and all participating volunteers, sponsors and supporters. I also release the above named for all claims of damages, demands, and actions in any manner due to any personal injuries, property damage, or death sustained as a result of my traveling to and from and my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the competition of this event. I understand that trail running or walking has more hazards than road running including, but not limited to, tripping, falling, poison ivy, rock bruises, striking my head on a branch, speck in the eye, insect bites, scratches, slivers, and spider webs, I further understand that the run course is "off road" and emergency services are severely limited and will take some time to arrive should there be an accident requiring emergency services and that access to the trail is limited. I hereby grant the Tennessee Department of Environment and Conservation and all sponsors permission to use my name, photograph and likeness in any broadcast, telecast, or media account of the event. In registering, I acknowledge I have read and fully understand the terms of this agreement.

Signature _____ Date _____ Patents (if under 18) _____

[Link to Registration Forms](#)